



# July 2007



## Featured Adventure

### Heli Mountaineering Course

This is definitely a summer camp with a difference! Our main mountaineering course offers six days of instruction that cover all the essential training to help you and your family enjoy this exhilarating sport. Navigation, glacier travel, climbing and more...it's exactly what you need to help you feel comfortable in the mountains.

Of course, you can experience mountaineering without the course — that's what our [heli mountaineering](#) adventures are for. HCA's guides take care of all the details, and cover the instruction that you need for the route that will take you up to the peaks that day. But if you'd like a little more knowledge than just a day or two in the mountains can provide, check out the detailed instruction available in our courses. If you have any questions, don't hesitate to ask us: [check out our heli mountaineering course](#), and click or call for more information.



## 'The Family that Learns Together...'



into contact with rain and air. The glaciers are so thick that they don't warm up completely even in the sun...although they do melt a little every summer. It's very unlikely that we'll see bears, but if you watch for claw marks on tree trunks or pawprints in the soil, you can see where they've been. And that plant is called valerian... the whole plant has a very distinctive scent, especially when it's been bruised or stepped on.

From flora to fauna and from glaciers to geology, it's a vast range of subjects that we cover when we're heli hiking and heli mountaineering. And from the comments that we receive from parents later, the kids really retain what they've learned — we think that it's because when you can sit down on a glacier, touch it, smell it and even taste it, your senses help you to remember what you're learning about it...how it was formed, how it carves different features in the mountains and the valleys, and, of course, how it stays cold (and even creates its own weather!).

If you'd like to expand your children's learning even further, just let us know. We can create customized lists of questions that you can give to your kids each day, and we'll make sure that the guides cover those questions during the day's activities. And we promise that we'll always make it fun!

## '...Has Fun Together!'

At least, that's what happens in the Rocky Mountains around Revelstoke, where HCA is based. In fact, the kids are having so much fun that they don't even realize how much they're learning about the natural world around them.

The learning adventure starts as soon as they step out of the helicopter and into the stunning wilderness of the alpine backcountry — and it's usually the kids themselves who guide the conversation. Here are a few of our favourite questions from pint-sized guests:

Are the mountains older than mom and dad?

Why do the rocks look rusty in some places?

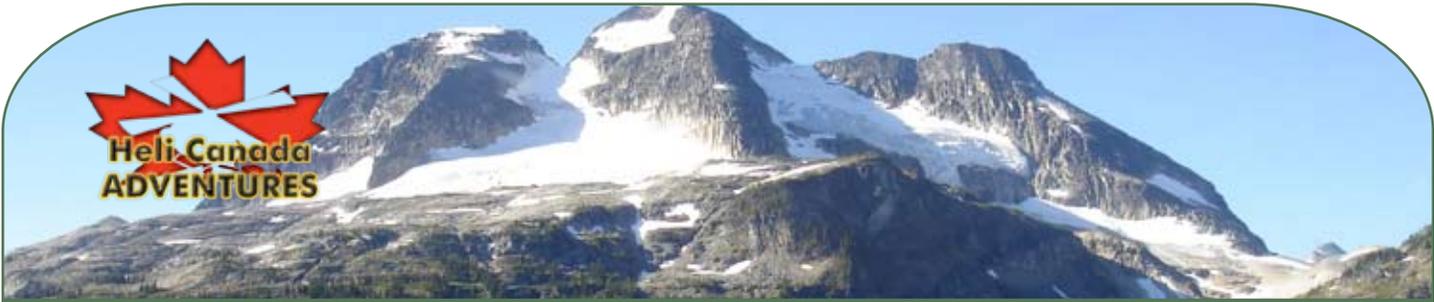
How can the glaciers be so cold when it's so sunny?

Will we see bears today?

What's that plant, and why does it smell like old hockey socks?

Reassuringly, the answers are easy to turn into a hike-and-learn experience. Yes, the mountains are waaay older than your parents. The rusty rocks contain iron, which oxidizes when it comes

**www.helicanada.com**  
**1-888-837-5417**  
**(toll free in North America)**



## About Heli Canada Adventures

HCA specializes in exclusive, small group heli adventures. Our summer adventures range from heli picnics to heli backpacking, with heli hiking and heli mountaineering as our signature offerings.

Our winter adventures feature powder ski and snowboard touring, and heli snowshoeing — and we also team up with two high-quality partner companies to offer heli skiing and heli snowboarding.

We match each trip and group to your pace and expertise, making our adventures ideal for families, couples and single travelers. We also specialize in designing corporate, private and incentive heli adventures to fit your goals. From our base in Revelstoke, British Columbia, we provide unparalleled access to some of North America's most pristine mountain wilderness.

## Formal Learning Adventures

HCA also offers a range of workshops and courses that cover everything from mountaineering to rock climbing to outdoor photography. These are ideal if you're looking for more formal learning adventures, and they're easily customized, too.

Why not send your kids on a mountaineering course for several days, and then come out and join them for a family adventure? Or roll a photography workshop for a small group of friends into an afternoon heli hike or heli picnic?

Let us know what you want to achieve as an educational opportunity, and we'll come up with some great ideas to help you get there!

## 3 Commonly Spied Edible Plants and Wildflowers of the Mountain Alpine

*(to give you extra energy along your hike!)*

### Sweet Coltsfoot

This hearty plant stands 30-40cm tall with white-purplish flowers which mature to seed bearing tufts (like the dandelion puff)

Leaves are dark green above and white beneath and grow from the fleshy root. The leaves are triangular and heart shaped and lobed to 1/4 - 1/3 their width

The leaves and flowers have a nice tangy sweet taste and can be eaten raw as salad or cooked as a potherb. The Native Peoples used the dried stems and leaves as a salt substitute.

Grows in meadows and along streams in alpine and subalpine zones

### Mountain Fireweed(1)

This beauty grows 40cm tall and has waxy blue-green lance shaped round tipped leaves; the pink to rose-purple flowers have 4 sepals and 4 deeply lobed petals which are haloed with 8 stamens.

The flowers and buds can be eaten raw as a salad and the young leaves can be cooked as a spinach substitute. This plant is also known as a cooling astringent and promotes wound healing. Dried to powder it is used to stop hemorrhages.

Grows in dense colonies along river bars and gravelly flood plains in the alpine.

### Mountain Sorrel (2)

This courageous little plant forms in dense rosettes as clusters of kidney shaped green succulent leaves. The slender stems sprout clusters of bright red fruits which are surrounded by red papery envelopes and dangle from the stem to quiver in the wind like Japanese lanterns.

Leaves are a good source of Vitamin A and C and are used in salads. They have a refreshingly sharp taste. The juice of the leaves can also reduce itching of mosquito bites.

Grows along streams, seepages, and crevices in the alpine region.



## Contact Information:

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**We would love to hear from you!**